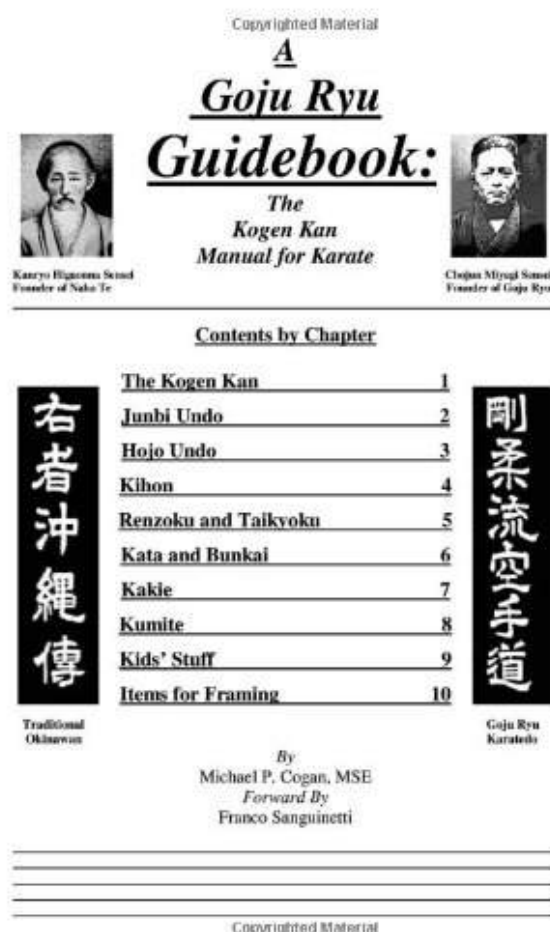


# A Goju Ryu Guidebook: The Kogen Kan Manual for Karate

By Michael Cogan

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Karate gives the reader a tool to navigate the history exercises equipment techniques kata forms and kumite sparring of Okinawan Goju Ryu Karatedo The purpose of this guidebook is to serve as a training aid in furthering the development of karate students and instructors from the Kogen Kan specifically and all karate students generally however if it helps only one person then I will consider it a success Ple About the Author Michael P Cogan MSE is a Nidan in Okinawan Goju Ryu and has been a professional educator for 14 years He has a Master s Degree in Special Education He has received Letters of Commendation for meritorious conduct from Mary B Perry High Schoo

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